

# FLIGHT JACKET

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Marine Corps Air Station Miramar, Calif.

March 23, 2007

## No crying over spilled information

**SGT. LEONARD LANGSTON**  
Combat Correspondent

A stern look passed over the colonel's face, as the silence of the command room amplified his Marines' message over the speaker box. They had been ambushed, killed to the last. The enemy knew exactly where to find them, and only one thought crossed the colonel's mind: How?

While this scenario isn't real, it depicts what could happen if an information spill occurs.

Marine Corps Information Assurance Operational Standards define spillage as any incident where information of a higher classification is introduced into an

information technology system that is not authorized to hold or process such data, according to Marine Corps Information Assurance Operational Standard.

Preventing spillage involves all Department of Defense personnel.

Personnel receive initial information assurance training, or IA training, when they report to Miramar and set up their Navy Marine Corps Intranet accounts. Thereafter, they're required by Marine Corps Order 5239.2 to complete annual IA training, according to Davenna J. Bagley, command security manager here.

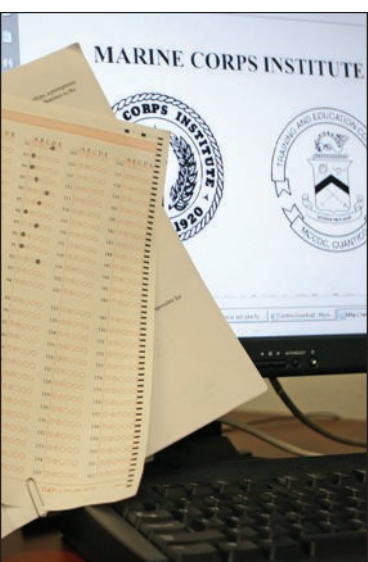
Spillage refers to all classified

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Cpl. Kaitlyn Scarboro-Vinklerek

**Unrollable "sleeves"** are no longer authorized in the Marine Corps, according to MARADMIN 198/07 released March 19. Inked art that covers the entire arm, known as sleeves, and other tattoos can hinder promotions, re-enlistments and acceptance to officer commissioning programs. For an in-depth look at tattoo new regulations see pages 8 - 9.



Cpl. Kaitlyn Scarboro-Vinklerek

Online testing will improve the overall value of Marine Corps Institute courses.

## ROLE-ing changes made to MCI testing

**CPL. KAITLYN SCARBORO-VINKLAREK**  
Combat Correspondent

Like trout in a freshwater river, copies of test exam answer sheets for Marine Corps Institute courses float through the ranks.

With the new random online exam application, referred to as ROLE, the Marine Corps hopes to reinstate the integrity of the courses, most commonly known as MCIs, while increasing their overall value to the Marines who complete them.

Each online exam will be uniquely generated for the individ-

ual Marine, allowing MCI to preserve the academic integrity of courses while increasing their academic vigor.

The ROLE application is the latest version of online testing for MCI courses. Marines, with the assistance of training personnel, can use ROLE to take an exam using their command's unit verification report, or UVR, by logging in to [www.mci.usmc.mil/commanduvr](http://www.mci.usmc.mil/commanduvr).

"This will prevent Marines (from) copying the answer keys from Marines who have already taken a specific course," said Capt.

Peter W. Blair, assistant operations officer, MCI, Washington Navy Yard, Washington, D.C. "It's important for Marines to understand that the tests created by ROLE are no harder than the old paper exams. Marines who have studied their MCI course and completed the review questions will be able to pass the ROLE exam with flying colors."

MCI testing standards are determined by the skills a Marine needs to perform on the battlefield at a given rank, according to Blair.

"By ensuring that the only

Marines who pass MCI courses are the Marines who have mastered the subject matter, we guarantee that only qualified Marines are promoted," he said.

The ROLE application applies a list of questions called "test banks," according to Blair. Test banks are compiled of four questions for each of the booklet's learning objectives. When the student takes the test via the ROLE system, the exam is comprised of one of the four questions previously created for each of the

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### MCAS Web site

Want to know all the buzz, then check out the Flight Jacket on-line.

[www.miramar.usmc.mil](http://www.miramar.usmc.mil)



### CORROSION CONTROL

Paint chippers keep planes in the air. For full story, see page 12.

### WHO'S WATCHING?

Legal offers services to help military complete estate planning. For full story, see page 2.

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**Airman Memorial Chapel Easter and Holy Week Schedule**

- |                        |   |
|------------------------|---|
| April 1, Sunday        | 9 a.m. Protestant Palm Sunday Service<br>11 a.m. Catholic Palm Sunday Mass  |
| April 3, Tuesday       | 6:30 p.m. Christian Seder Meal (Fellowship Hall)  |
| April 5, Holy Thursday | 6 p.m. Catholic Mass (Main Chapel)  |
| April 6, Good Friday   | 12 p.m. Catholic Service (Main Chapel)<br>12 p.m. Protestant Service (Felix Chapel)   |
| April 8, Easter Sunday | 7 a.m. Protestant Service<br>9 a.m. Protestant Service<br>9:30 a.m. Protestant Easter Egg Hunt<br>11 a.m. Catholic Mass<br>12 p.m. Catholic Easter Egg Hunt and Potluck Lunch |

**Religious Services**

The Chaplain's Office, located in building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, contact the Chaplain's Office at 858-577-1333, or visit [www.miramar.usmc.mil](http://www.miramar.usmc.mil).

**Sunday:**

- 9 a.m. Protestant Worship Service
- 9:30 a.m. Protestant Children's Worship
- 11 a.m. Roman Catholic Eucharist

**Religious Education/Sunday:**

- 9:30 - 10:45 a.m. Catholic CCD Children K-12
- 10 a.m. Protestant Adult Bible Study
- Wednesday 6 - 7 p.m. Baptist Service

**Weekday Worship Service:**

- Monday-Friday 11:30 a.m. Catholic Mass
- Monday 6:30 p.m. Contemporary Praise and Worship Service
- Wednesday 7 p.m. Baptist Service

**Islamic Worship Service:**

- Islamic Center of San Diego 858-278-5240  
[www.icsd.org](http://www.icsd.org)

**Jewish:**

- Jewish Outreach at 858-571-3444  
[www.jewishinsandiego.org](http://www.jewishinsandiego.org)

**Who's watching the children?**

**LT. COL. CURT PERMITO**  
Staff Judge Advocate

Everyone has strengths. There are individuals who can cook a gourmet meal with little effort while their neighbors think they are at the height of culinary accomplishment if they can microwave a TV dinner without burning the contents. Likewise, there are those folks who possess strong parental skills and make "ideal" parents, while others have trouble remembering to feed the goldfish.

When deciding who will care for your children should anything ever happen to you and your spouse, you obviously would want to pick relatives or friends who have strong parenting skills. However, it is amazing that some service members spend more time planning a vacation or buying a car than they do addressing important issues such as who will watch their children if mom and dad pass away prematurely. Choosing a guardian for your children is an important task and requires that you discuss your plans with potential guardian candidates.

Moreover, you will need to decide whether you would like to appoint a custodian, conservator, or trustee over the property of your children. Failure to properly appoint a party for these roles could result in the court appointing a guardian you would not have found suitable, and in your children paying substantial gift taxes. This

could greatly reduce the estate and the funds available to care for your children.

You should also think about how to avoid probate and the associated costs. Probate costs can easily reduce the size of an estate by thousands of dollars.

Life insurance policies and pay-on-death accounts are common probate avoidance vehicles. Similarly, some service members should consider a living trust (civilian estate planners can help with this option) as another way to avoid probate.

Furthermore, some service members might have estate tax issues which could subject their heirs to onerous estate taxes. Others may simply require additional documents such as powers of attorney to thoroughly plan for the unexpected.

Fortunately, Marines, sailors, and their families can utilize the free legal services offered by the MCAS Miramar Legal Assistance Office (LAO).

Clients of the LAO can have a walk-in consultation with an attorney any Monday or Wednesday from 7:30 - 10:30 a.m. (walk-in basis, first come first serve, building 6250). Deploying units should aggressively schedule wills briefs for their Marines throughout the year.

There is no excuse for neglecting your duty to plan for your loved ones. The LAO looks forward to helping its present and future clients with planning for the future.

**Sempertoons**

*by Gunnery Sgt. Charles Wolf*



TEST,

CONTINUED FROM PAGE 1

learning objectives.

After the exam is created, testers can sit at the computer and enter answers directly into the system or have the exam proctor print out the exam. The tester can then enter the questions on the computer from the paper version.

Electronically, the Marine can still skip over questions, return to unanswered questions and change answers during progression.

Not to worry, course content and the information Marines are tested on remains the same, according to Blair.

“The only change is that your buddy’s photocopy of his Math for Marines answer sheet from last year is no longer any help if you want to cheat,” said Blair.

In addition to improving the integrity of MCIs, electronic testing provides faster processing.

Currently, depending on duty station, when a Marine mails in a paper exam to MCI, it takes an

average of three to eight weeks for the answer sheet to be entered into the system. The time it takes to process can hurt a Marine needing the MCI points to boost their cutting score.

“With ROLE, we improve this timeline from a matter of weeks to a matter of minutes,” said Blair.

Headquarters Marine Corps announced the implementation of the ROLE application to all active MCI courses in MARADMIN 126/07.

According to the message, ROLE provides Marines with instant exam results, completion certificates available for printing within 15 minutes, and automatic updates to the Marine’s Marine Corps Total Force System file within 24 hours.

The implementation of ROLE also helps Marines earn college credits by completing MCIs.

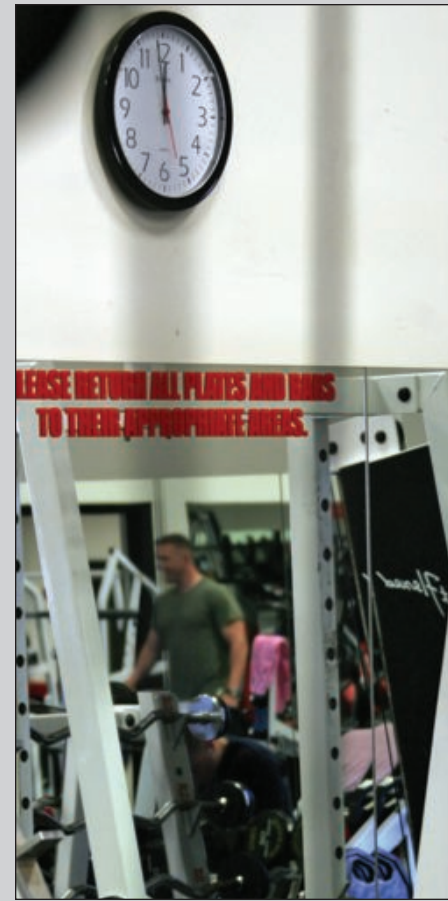
The institute itself is an accredited academic institution, meaning much of the course work completed through the institute is worth college credits.

Often academic institutions choose to accept credits from other school’s based on the reputation of the school in question.

“By enhancing the integrity of our exams, we enhance our standing as a school, and this encourages colleges and vocational schools to give Marines credit for MCI courses,” Blair said.

“I’ve heard Marines say that it doesn’t matter if they know the course material well enough to pass the test, so long as they have the course to use as a reference aid,” said Blair. “To respond to that point, let me ask you: When your convoy is hit with an IED in Al Anbar province, and your buddy is lying in front of you, bleeding to death, do you have five minutes to read on how to apply a tourniquet?”

Unit training personnel may continue to submit completed paper-based answer sheets, but exam graders at Marine Corps’ Headquarters hope the new online process will diminish the more than three tons of answer sheets they receive each month.



## Miramar ‘Barn’ now open around the clock

The Barn Fitness Center here started a 60-day trial period of 24-hour operations March 19. The fitness center will be open 24 hours Monday through Thursday and 5 a.m. to 2 p.m. on Friday. The gym is closed on Saturday and Sunday. The facility, operated by Marine Corps Community Services, known as MCCS, is trying out the extended hours in response to input by service members through the recent MCCS survey.

Cpl. James B. Hoke

# Station's children's library relocates

**CPL. KAITLYN SCARBORO-VINKLAREK**

Combat Correspondent

The Miramar library held its first children's story time in the new children's section of the library March 15 at 11 a.m.

The library plans to continue weekly story time every Thursday morning to coincide with the Bob Hope Theater's weekly afternoon showing of the newest children's movie.

Located inside the station's main library in building 5305, the children's section was originally found in the reference area of the library next to the computers and main entrance.

Before the section moved, library patrons complained about the distracting noises the children made, according to Gail T. Short, the children's library coordinator.

Coordinators also feared the children would slip by their parents and out the front door, motivating library staff to strategically place chairs between the children and the exit.

The new section, farther back in the

library, is distanced from the exits and confined, helping to limit youthful enthusiasm spilling into the other areas of the library.

Attendees of story time – all weekly visitors to the children's library – were very impressed with the new accommodations.

"I love that it's in its own room so you can shut the door and they can be themselves," said Kara R. Scarbrough, a stay at home mother-of-two. "They can enjoy the books and not worry about being quiet."

Scarbrough's children, Jordan, 2, and Kiersten, 4, both attended the children's story time, and Kiersten spent most of the time trying to decide which new book to take home.

Natalie A. Raffa brought her goddaughter, Sara DeLapena, 2, to the revamped room and was enthusiastic about the newest decorations, space and book selection.

"The numbers of books we have increases daily," said Short. "We used to run on donation, but now we have a budget to buy the newest titles in books and DVDs."

The new library will soon receive three

computers featuring interactive reading programs designed to encourage children to delve farther into the story, explained Short.

Computers enhance or encourage a love of reading that the children can amplify through the library's selections of books to check-out and take home.

"We try to encourage the kids to place books as a first priority," said Short. "Computers are great, but they have their place. I know when I go to bed at night, I would rather snuggle up in my covers with a book, not a computer."

Just outside the children's library is the young adult section – a work in progress. Short felt it was important to define the reading selections, giving the young adults a more independent space.

Short plans on incorporating California's summer reading program, "Get a Clue at Your Library," into the library's summer schedule.

The library will invite children and young adults from the station youth centers to tour the shelves April 19.



Cpl. Kaitlyn Scarboro-Vinklerek

Sarah DeLapena, 2, plays with a puzzle while Gail T. Short, children's library coordinator, reads *Green Eggs and Ham*, during the library's first toddler's story time, March 15.



Lance Cpl. George J. Papastrat

### **ID Center supervisor earns special recognition**

The ID center here produced more than 28,000 cards during 2006 for service members, retirees, civilian contract employees and military families. During that time, the changeover to the Navy Marine Corps Intranet took place, bringing with it the growing pains that come with new information technology systems. Jamie Palumbo, the ID center supervisor, worked through the NMCI changeover, performing her duties above and beyond command expectations. For her efforts, she earned a certificate of commendation from the commanding officer of the air station, Col. Christopher E. O'Connor.

### **SPILL, CONTINUED FROM PAGE 1**

information. The term was first used with radios when users occasionally would speak without first encrypting their signals, according to Cpl. Nicholas V. Roberts, data network specialist, computer networking systems division, also known as CNSD, here.

The classification level of the spilled information and their quantity determines the severity of a spillage incident. They can range from an annoyance to a matter of national security, according to Roberts.

"Spillage and precautions have always been an issue in protecting classified or private information," said Sgt. Raquel G. Cedillo, data network specialist, CNSD.

With the constant increase in technology and the ongoing battle against spy ware, it's important to

remain well-informed of the precautions service members can take to prevent spillage.

"The key to preventing classified spillages as well as all security violations is education," Bagley said.

Vigilance, diligence and care are great preventative measures for all to take, according to Cedillo.

It is key to remember information security is no single person's job. Incidentally there are individuals charged with the clean up when a spill occurs.

When information spills via the internet, certain measures must be taken.

"Once an incident has been identified, the information assurance officer or information assurance manager should be informed of the incident," Cedillo said.

They will coordinate with the command security manager, notify the NMCI help desk of the incident



Cpl. James B. Hoke

and execute all required actions to clean up the spillage.

For more information regarding spillage and other security topics regarding information assurance, please contact the command IAM, Capt. Esteban F. Beamon, at 858-577-4900 or the command IAO, Pam Todaro, at 858-577-1255.

# Marines roll through aircraft recovery course

**SGT. EZEKIEL R. KITANDWE**

Combat Correspondent  
22nd Marine Expeditionary Unit

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Armed with a 25mm Bushmaster chain-gun, two M240G machine guns and four scouts in its hull, the eight wheeled, 14-ton, camouflaged “beast of steel” rolls through the rugged, uneven terrain leaving a trail of dust in its wake.

The Marines with Light Armored Reconnaissance platoon, an attachment to Weapons Company, Battalion Landing Team, 3rd Battalion, 8th Marine Regiment, recently participated in a tactical recovery of aircraft and personnel course, known as a TRAP course, here, in preparation for their upcoming deployment with the 22nd Marine Expeditionary Unit later

this year.

“The most important thing about the light armored vehicle is not the firepower it bears, but the Marines manning the weapons,” said Sgt. Tony Gutierrez, a machine-gunner with the LAR platoon.

The primary purpose of the five-day course was to give the 22nd MEU the capability to quickly recover downed aircrew and aircraft under a wide spectrum of threats.

“The LAR is not limited to just TRAP missions,” explained Operation Iraqi Freedom veteran Sgt. Clarence Hopkins, the chief scout for the platoon. “We are capable of executing a number of tasks and missions.”

The first two days of the course were spent in the classroom covering mission planning and execution, as well as pilot recovery and medical treatment.



Sgt. Clarence Hopkins, chief scout for the Light Armored Reconnaissance platoon, radios in help for wounded comrade during a Tactical Recovery of Aircraft and Personnel course held aboard Camp Lejeune, N.C., March 9, 2007.

After the class portion of the exercise, the next three days and nights saw the Marines executing mock TRAP missions over various terrain with life-size

dummies as downed pilots and role players as enemy combatants.

Once Marines received the approximate coordinates where

the pilot was believed to be, his medical status and the suspected enemy situation in the vicinity, they had a short time to come up with a feasible plan of attack.

The platoon, consisting of four LAVs and one unarmed recovery vehicle, or “Log,” then formed into teams and searched for the pilots while they coordinated with helicopters overhead.

Once the pilots were found and given medical attention, Marines transported them to a designated area suitable for a helicopter extract.

“This is good training for the young Marines. They all did a great job today,” said Hopkins, who has been in two real-life TRAP missions. “They did all the work; all I had to do was give the commands.”

For more information about the 22nd MEU, visit the unit website at: [www.22meu.usmc.mil](http://www.22meu.usmc.mil).



**CPL. KAITLYN M. SCARBORO-VINKLAREK**  
Combat Correspondent

At a sergeants' major symposium last year, Sergeant Major of the Marine Corps John Estrada, described tattoos as an emotional issue among the higher ranks, preceding a barrage of recent rumors of more rigid regulations to come.

March 19 those rumors became policy with the uniform board's issuance of MARADMIN 198/07 cancelling and replacing the previous regulations presented in paragraph C of Marine Corps Order P1020.34G.

The changes work toward meeting Commandant Gen. James Conway's desire to establish "one policy interpreted one way through the entire Marine Corps," as stated in the March 26 Marine Corps Times issue.

Specifically, the Marine Corps has replaced the previous regulations with more stringent rules, targeting and prohibiting "sleeve tattoos" and eliminated some of the gray areas of previous regulations that left individual Marines and their body art in the hands of subjective judges.

The result is stricter with less room for interpretation.

Despite recent changes other military services have made lightening their regulations for recruiting ease, the Marine Corps' leaders have enforced a strict expectation of Marines

to uphold the Corps' credibility.

Gunnery Sgt. Ruben E. Villarreal, a prior-service recruiter here, has spent the last two years providing detailed briefs to Marines as part of his personal crusade to inform Marines stationed on the West Coast about Marine Corps tattoo regulations and how tattoos can affect a Marine's career.

"There's a lot of misinformation out there," he said. "The purpose behind the brief is to provide Marines with current information. We don't want you to be the one that says 'I wish somebody had told me.'"

Of the approximately 8,000 Marines he's briefed, Villarreal estimates 92 percent have at least one tattoo and four percent of the remaining eight percent still have an interest in getting a tattoo in the near future.

"Tattoos have been a discussion for a long time," said Villarreal. "For some people, it's a sore subject, others just don't care and some are really concerned. Tattoos are part of the culture of the Marine Corps."

Villarreal hopes to teach Marines about the regulations to help them stay competitive in promotions, special billet assignments and commissioning programs.

Tattoos can affect selection to special billets like Marine Security Guard duty and recruiting duty due to their inherent high visibility in the communities of America and nations abroad. Officials are often reluctant to

select Marines covered in ink.

It's the subjective nature of this process that Corps leaders hope to head off with the new regulations.

"We need to get it right with regard to uniformity of determination," said Conway in the March 26 report. "We can't have separate interpretations depending on where the Marine applies."

In the new MARADMIN, the deputy commandant for manpower and reserve affairs, or DC M&RA, is the authority for any tattoo issues involving retention or special duty assignments. The DC M&RA will also review all packages for re-enlistment, extension and lateral moves to another military occupational specialty. Packages must include a photograph and measurements of the tattoos, a description of the location of the tattoo and a reason why the tattoo has been deemed questionable.

In Villarreal's experience, the nature of the tattoo or tattoos may not raise concern, but rather the number of tattoos a Marine has can impact selections to a special duty or officer commissioning program. More than four tattoos may end a Marine's dreams of officer commission or standing guard at the U.S. embassy.

"They don't have to mean anything crazy, derogatory or discriminating, but having tattoos in excess is bad, too," said Staff Sgt.



Cpl. Kaitlyn M. Scarboro-Vinklarek

Jesse B. Hernandez, a career planner with Headquarters and Headquarters Squadron here. “We aren’t just here to impress the kids and get them to sign the contract; we’re here to prove (ourselves) to parents out there, too.”

Villarreal agreed.

“You’re going to be interacting with the outside society,” he said. “When you go out in uniform, you don’t represent yourself; you represent the Marine Corps.”

Villarreal stressed the importance of upholding the Marine Corps’ reputation in civilian communities through personal appearance. That reputation must be maintained while interacting with widely varied socioeconomic, religious and cultural groups.

Tattoo regulations are based on four standards: content, size, location and “effect of associating the Marine Corps with the tattoo,” according to Marine Corps Order P1020.34.

For enlistment into the Marine Corps and for most billets, tattoos should not be seen when in the service C uniform. Tattoos visible in the service C uniform require a waiver for enlistment and selection to officer commissioning programs.

In accordance with MARADMIN 198/07, sleeve tattoos are strictly prohibited. Sleeve tattoos are considered a large tattoo or collection of small tattoos that cover or almost cover a Marine’s entire arm or leg.

Marines who currently have sleeve tattoos are required, before July 1, 2007, to document

the size, location and date the tattoo was documented on page 11 of their service record book.

Tattoos that are considered half-sleeves or quarter-sleeves that are visible in standard physical training gear are also prohibited. Marines who exceed the criteria after the grandfather clause date can expect to face nonjudicial punishment or expulsion from the Marine Corps.

The modifications to the order leave intact the policy stating that no gang-affiliated, racist, sexist or drug-related tattoos are accepted.

Potential enlistees must meet the requirements of the new regulations. In general, recruiters turn away applicants who have tattoos larger than their hand with fingers unfisted and touching.

“When you go out in uniform, you don’t represent yourself; you represent the Marine Corps.”

**Staff Sgt. Jesse B. Hernandez**  
career planner  
Headquarters & Headquarters Squadron

For those already in the Corps’ ranks, having a questionable tattoo may not be the end of the road, according to Villarreal. Depending on the tattoo and reason for getting it, the Marine’s command will research the history of the design and the Marine’s credibility in his hometown.

“The Marine Corps gives you the benefit of the doubt ... on a case by case basis, when you have a questionable tattoo,” said Villarreal. “You have to write a personal statement saying what the tattoo is, what it means and why you got it. Then, it is researched further.”

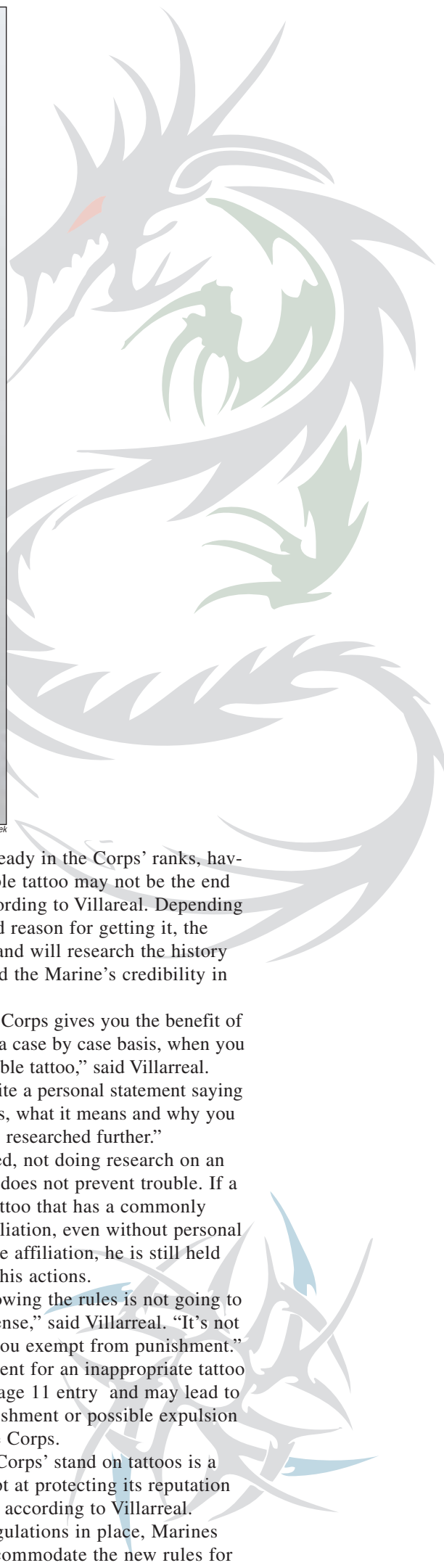
But be warned, not doing research on an attractive tattoo does not prevent trouble. If a Marine gets a tattoo that has a commonly known gang affiliation, even without personal knowledge of the affiliation, he is still held accountable for his actions.

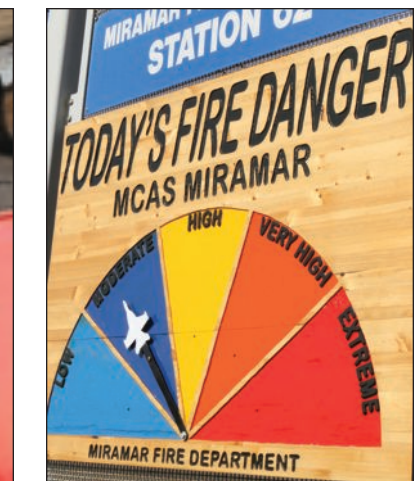
“You not knowing the rules is not going to constitute a defense,” said Villarreal. “It’s not going to make you exempt from punishment.”

The punishment for an inappropriate tattoo can begin at a page 11 entry and may lead to nonjudicial punishment or possible expulsion from the Marine Corps.

The Marine Corps’ stand on tattoos is a proactive attempt at protecting its reputation and its Marines, according to Villarreal.

With new regulations in place, Marines can begin to accommodate the new rules for less ink.





(Above) In East Miramar, the station fire department posts the fire watch warning daily for Marines and station personnel to use while training.  
(Left) Dan Regis, a Miramar Fire Department engineer, shows some of the equipment aboard the fire station's "brush truck," a fire engine designed to combat brush fires.

# Red-flag warning system helps keep county free of flames

**CPL. KAITLYN SCARBORO-VINKLAREK**  
Combat Correspondent

The red-flag warning issued for San Diego County March 12 was the sixth of this year's issued warnings compiled by the National Weather Service, or NWS, and included the air station as an area of concern.

Miramar's fire station tracks and

monitors weather systems that warrant red-flag warnings (or the less immediate, fire weather watches) through their remote automated weather station and prepares for brush burns during such times.

Not to be confused with the military's flag system for physical training conditions, a red-flag warning is issued by the NWS when critical fire weather conditions are occurring or

may occur within the next 24 hours, according to Ed Clark, a San Diego area warning coordination meteorologist with the National Weather Service of the National Oceanic and Atmospheric Administration.

A fire weather watch is issued during a combination of strong winds, low relative humidity and hot weather, which will create explosive fire growth potential, according to

warning statements provided by the NWS.

In the dry areas of East Miramar, the station fire department takes great care in preventing uncontrollable fire that may result from such conditions by increased staffing, staying closer to the fire house during dangerous days and limiting training and pyrotechnics on base.

Welding or burning is restricted

outside, and military training is monitored to prevent magnification of dangerous conditions, according to Paul J. Tompkins, station fire captain and wild land program manager.

The fire department also readies specially equipped fire-fighting engines, the Type 3 "brush trucks."

With shorter wheel bases, the

GO TO FIRE PAGE 12

# Avoiding death traps one rust spot at a time

**LANCE CPL. GEORGE J. PAPAISTRAT**  
Combat Correspondent

Rust. The result of oxidation that ruins cars and eats holes into buildings and pipes can also send an F/A-18 Hornet's pilot speeding into the air in a death trap.

To prevent this from happening, enlisted service members with Marine Fighter Attack Training Squadron 101, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, also known as the "Sharpshooters," maintain the jets with a periodic check on each aircraft and all of their components.

"Every 14 days the landing gear is checked," said Navy Petty Officer 3rd Class Justin Mondragon, an aviation machinist mate with the Sharpshooters. "We do this 14-day corrosion prevention to prevent metal-on-metal contact in the landing gear and other working parts of the aircraft."

The squadron flies each aircraft hundreds of hours every month, and sometimes the landings can be hard, added Mondragon. That is why it's important to ensure the landing gear is operating smoothly.

Throughout the inspection on

the aircraft, the Marines and sailors clean and prepare areas in need of a fresh coat of paint, explained Navy Petty Officer 1st Class Daniel Skaggs, an aviation machinist mate with the squadron.

Rust, the reddish brittle coating found on most metals when they are left in moist air, is found on various parts of the aircraft. The smallest, seemingly insignificant chip in the paint of the aircraft is often the first symptom of rust.

"Every 84 days, the aircraft will have an overall inspection," said Skaggs. "While doing this inspection, we check for corrosion on all parts of the aircraft from the nose to the wing tips."

"We are looking to prevent rust buildup on the aircraft before it happens."

The Hornet is not only capable of flying faster than the speed of sound and in air-to-air and air-to-ground combat, it can also land on an aircraft carrier. This essential capability also puts the aircraft closer to saltwater, which speeds corrosion.

From the landing gear up, corrosion control technicians maintain the safety for all service members on the ground and in the sky – one paint chip at a time.



Lance Cpl. George J. Papaistrat



(Above) The paint style of an enemy MiG is seen on an F/A-18 Hornet with Marine Fighter Attack Training Squadron 101, Marine Aircraft Group 11, 3rd Marine Aircraft Wing. (Left) Sgt. Jack Brown, a corrosion control supervisor with VMFAT-101 paints over the landing gear of an F/A-18 Hornet March 16. Corrosion control Marines and sailors of the squadron maintain the aircraft to the squadron's specifications and maintain a rust-free aircraft.

## FIRE,

CONTINUED FROM PAGE 10

trucks are easily maneuvered through brush-fire terrain. Smaller hose diameters lessen the burden for firefighters carrying hoses farther from their trucks, up hills and around vegetation.

The fire station's prescribed burns rid terrain of vegetation that may perpetuate a brush fire and cause damage or death.

"Each year, we do a prescribed burn at the rifle range to eliminate the fuel available during a brush fire," said Tompkins. Because the rifle range is essential to Marines' military training, the fire department tries to keep it operational as often as possible, usually requiring a fire extinguisher readily available or parking an engine nearby in case of an accident during red flag warning times.

"In recent days, it's been unseasonably hot. That increases the fire danger," said Tompkins.

Records show that past years' fires have recently increased in severity, according to Clark, who suggested that this year's fire season may come around sooner than most residents originally expected.

Fire season usually begins during May or June of each year, but due to the recurrent dry heat of this year, it may be proclaimed earlier. This year's fire season has not officially been declared, though there has been one significantly large fire this year in Orange County, Calif.

During the California fires of 2003, advancing flames strongly impacted MCAS Miramar. All station Marines and sailors were recalled and accounted for before readying for complete evacuation of the station.

For Sgt. Maj. Dennis W. Reed, the 3rd Marine Aircraft Wing sergeant major in 2003, the biggest concern was the safety and well-being of the military members and their families who lived in the city.

"Would we be able to notify

everyone in time to evacuate when required, particularly those who lived off base?" Reed asked his command and himself. "Would we be able to ensure they had safe routes through the fires and safe locations for the families to go to? Would we be able to account for everyone to ensure they got whatever help they might require if they had to evacuate; such as medical care, food, clothing and money?"

The immediate danger presented by the flames isn't the only concern raised by brush fires. Well after the risk to human life and threat of property damage has passed, the after effects of brush fires continue to impact the community.

"When the vegetation in an area is depleted due to burning, the root systems and shrubbery cannot maintain the structure of the soil," Clark said.

This can lead to dramatic and dangerous runoff that floods roads, destroys property and endangers lives. This can become just as dan-

gerous as the fires themselves especially during the rainy season.

When the commotion wore down, many Marines had been personally effected by the fires, not only losing valuables and property, but disrupting their family lives as well.

"The fires were wide spread and moving rapidly. Many communities were ordered to evacuate on very short notice," said Reed. "A number of our Marines and sailors lost their homes and all they owned in the fires. They needed help in getting a place to live and to replace what they lost. Our concern at this point was making sure they got what they needed."

Remains of the 2003 fires still exist in East Miramar, where charred grasses remind Marines of the unpredictable dangers of brush fires.

For a look at the station's weather system visit [www.weather.gov](http://www.weather.gov) under the fire weather and San Diego links.

**The National Weather Service issues a fire weather watch when the following conditions exist**

- Sustained winds of 25 mph or stronger or gusts of 35 mph or stronger
- Humidity of 15 percent or less lasting at least six hours
- Lightning and humidity of less than 10 percent with a lack of precipitation and winds

**The National Weather Service issues a red flag warning when these conditions are continuous or worsen.**

Information from [www.weather.gov](http://www.weather.gov)

# '07 Nutrition Month takes on fad diets

**LANCE CPL. GEORGE J. PAPASTRAT**  
Combat Correspondent

As March comes to a close, so does National Nutrition Month, but the lessons and issues brought to light during this national program designed to educate Americans about nutrition can have a long-lasting impact.

This year's nutrition month, themed "100 percent fad free," focused on fad diets and the dieting business. Through the theme, the American Dietetic Association, known as the ADA, brought to the forefront the multi-million dollar dieting business, the prevalence of unproven weight loss products, and other dieting fads.

In a January 2007 press release,

Dee Sandquist, a spokesperson with the ADA, describes how the lure of quick and easy weight loss is hard to resist.

Many service members might find themselves striving for a fast way to loose a few pounds prior to the physical fitness test weigh-in or shave off that warm winter layer before slipping into their beach attire, but often the promised "quick fix" won't fix anything at all.

Low-carbohydrate/high-protein diets were high priority among the ADA's fad food trends to avoid.

According to the weight-control information network, also known as WIN, the long-term health effects of this type of diet is unknown, but getting most of your daily calories from a high-protein food such as meat, eggs and cheese is not a balanced eating plan.

Eating fewer than 130 grams of carbohydrates a day can lead to the buildup of ketones, partially broken-down fats in the blood, which can lead to kidney damage.

WIN and the ADA also tackled the issue of weight lost by skipping meals.

Studies show that people who skip breakfast and eat fewer times during the day tend to be heavier than people who eat healthy four to five times a day. Eating small meals throughout the day that include a variety of healthy, low-fat and low-calorie foods helps boost metabolism, maintain energy levels and sustain a healthy weight.

The ADA advocates consumption in moderation and avoiding single food diet plans.

Aboard the air station and throughout the Marine Corps, chowhalls and Marine Corps Community Services eateries are working to support the Fueled to Fight program. Through the program, Marines, sailors and their families are offered healthier food choices.

For more information on National Nutrition Month and other ADA programs and initiatives, visit [www.eatright.org](http://www.eatright.org).

## Take the fad diet quiz

### 1. What is a fad?

- A. Bellbottoms and polyester
- B. Pet rocks
- C. Low carb/high protein diets
- D. All of the above

**1. Answer: D.** We all make mistakes. And if you've followed any of the fads —A, B or C — you've had lots of company.

### 2. Following a diet fad is bad for your health...

- A. Always
- B. Sometimes
- C. Never

**2. Answer: A.** While you may lose weight with fad diets, they are potentially harmful to your health. A diet fad that excludes many foods or an entire food group eliminates key nutrients that are essential for health.

### 3. Which fad diet was originally published in 1825 but is still popular today?

- A. Cabbage Soup Diet
- B. Grapefruit Diet
- C. Low-Carbohydrate Diet
- D. Banana and Skim Milk Diet

**3. Answer: C.** The low-carbohydrate diet has been around since 1825 when Jean Brillat-Savarin introduced it as the key to weight loss in his book *The Physiology of Taste*. Many decades and several variations later, low-carb diets are still among the most popular fad diets.

### 4. A diet that recommends the following should raise a red flag:

- A. Special food or drink to detoxify the body
- B. Eating a specific food with all meals
- C. Eating protein and carbohydrates at separate meals
- D. All of the above

**4. Answer: D.** Requiring a specific food or beverage to be included with each meal or eating certain types of foods separately are clues to spotting a fad diet.

### 5. It's not a diet fad if it's endorsed by a celebrity.

True / False

**5. Answer: False.** Celebrity endorsements shouldn't replace sound science. Make sure your weight-loss plan is based on research studies that support effectiveness and safety.

### 6. Some diet fads work.

True / False

**6. Answer: True.** But only for the short-term. You may lose some pounds quickly; however, long-term maintenance of that loss is unlikely.

### 7. What popular cracker was originally created as part of a health-food diet?

- A. Cheese crackers
- B. Saltine crackers
- C. Graham crackers
- D. Animal crackers

**7. Answer: C.** Sylvester Graham may be the originator of food fads in the U.S. Beginning in 1830, he promoted a bland, meat-free diet and avoidance of rich pastries, alcohol, coffee and tea.

### 8. Adding physical activity to your day can help give you:

- A. A healthy heart
- B. Stronger bones
- C. Less emotional stress
- D. All of the above

**8. Answer: D.** Regular physical activity is important for your overall health and fitness — plus it helps control body weight, promotes a feeling of well-being and reduces your risk of chronic diseases.

### 9. If you eat 100 more food calories a day than you burn, you will gain how many pounds in a month?

- A. 12 pound
- B. 1 pound
- C. 2 pounds
- D. 10 pounds

**9. Answer: B.** You will gain approximately one pound per month.

### 10. For the most reliable, fad-free, science-based nutrition information, consulting a registered dietitian is the best approach.

True / False

**10. Answer: True.** Registered dietitians are the most valuable and credible source of nutrition information. The air station's registered dietitian, Julie Burks, can be reached by calling 858-577-7963.

Information from [www.eatright.org](http://www.eatright.org)

## Food pyramid gets personal



Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS 10 ounces	VEGETABLES 4 cups	FRUITS 2 1/2 cups	MILK 3 cups	MEAT & BEANS 7 ounces
<b>Make half your grains whole</b>  Aim for at least <b>5 ounces</b> of whole grains a day	<b>Vary your veggies</b> Aim for these amounts <b>each week:</b> <b>Dark green veggies</b> = 3 cups <b>Orange veggies</b> = 2 1/2 cups <b>Dry beans &amp; peas</b> = 3 1/2 cups <b>Starchy veggies</b> = 9 cups <b>Other veggies</b> = 10 cups	<b>Focus on fruits</b>  Eat a variety of fruit  Go easy on fruit juices	<b>Get your calcium-rich foods</b>  Go low-fat or fat-free when you choose milk, yogurt, or cheese	<b>Go lean with protein</b>  Choose low-fat or lean meats and poultry  Vary your protein routine—choose more fish, beans, peas, nuts, and seeds
<b>Find your balance between food and physical activity</b>  Be physically active for at least <b>30 minutes</b> most days of the week.		<b>Know your limits on fats, sugars, and sodium</b>  Your allowance for oils is <b>10 teaspoons a day.</b>  Limit extras—solid fats and sugars—to <b>510 calories a day.</b>		
<b>Your results are based on a 3000 calorie pattern.</b>		<b>Name:</b> _____		
This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.				

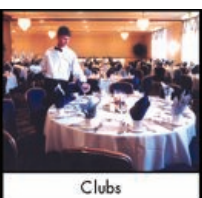
Courtesy of [www.mypyramid.gov](http://www.mypyramid.gov)

During the past two years, the food pyramid, introduced in 1992, has been replaced by MyPyramid — a food guidance system that emphasizes the differences between individuals and their nutritional needs. When the U.S. Dept. of Agriculture and U.S. Dept. of Health and Human Services released new dietary guidelines in 2005, the food guide pyramid experienced significant renovations.

MyPyramid symbol represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day. Physical activity is a new element in the symbol.

The new food guidance system utilizes interactive technology found on [www.mypyramid.gov](http://www.mypyramid.gov). The interactive activities make it easy for individuals to enter their age, gender and physical activity level to obtain a more personalized recommendation on their daily calorie level based on the 2005 Dietary Guidelines for Americans. The above MyPyramid profile provides nutritional and exercise guidance for a 20-year-old, 180 lbs., six-foot-tall male. To create an individualized pyramid, visit [www.mypyramid.gov](http://www.mypyramid.gov).

# COMMUNITY ANNOUNCEMENTS



## CALENDAR OF EVENTS

Mar. 23 – 25	March Madness Basketball Tournament, 858-577-1202
Fri., Mar. 23	Crabfest, 5:30 – 8 p.m., Officers' Club, 858-577-4808 for reservations
Sat., Mar. 24	Key Volunteer Network Basic Training, 9 a.m. – 4 p.m., 858-577-1322
	Marine Teen Training, Every Saturday at 10:30 a.m., 858-577-4128
Mon., Mar. 26	Deployment Support Group for Grades K – 2, 3:15 – 4 p.m., 858-437-7841
	Deployment Support Group for Middle Schoolers, 4:15 – 5 p.m., 858-437-7841
Tues., Mar. 27	New Parent Support Play Morning, 9:30 – 11 a.m., CDC Park, 858-577-9812
	Microwave Cooking Class, 12 – 12:30 p.m., Semper Fit Center, 858-577-7963
	Deployment Support Group for Preschoolers, 2 – 2:45 p.m., 858-437-7841
	Deployment Support Group for Grades 3 – 5, 3:15 – 4 p.m., 858-437-7841
	Marine Teen Training, Every Tuesday at 6:30 p.m., 858-577-4128
Wed., Mar. 28	Key Volunteer Resource Training, 9 – 11 a.m., L.I.N.K.S. House, 858-577-1322
	Successful Parenting Class, 1 – 3 p.m., Counseling Center, 858-577-6585
Thurs., Mar. 29	Key Volunteer Network FRO Training, 9 a.m. – 4 p.m., 858-577-1322
Fri., Mar. 30	*Welcome Home & Military Appreciation, Active Duty Only, 12 – 4 p.m. Hangar 4
	Chef Luigi's Italian Feast, 6 – 8 p.m., Officers' Club, 858-577-4808 for reservations
Sat., Mar. 31	Land Sailing Trip with the Outdoor Adventure Center, depart at 9 a.m., 858-577-4150
Mon., Apr. 2	Deployment Support Group for Grades K – 2, 3:15 – 4 p.m., 858-437-7841
	Deployment Support Group for Middle Schoolers, 4:15 – 5 p.m., 858-437-7841
Apr. 2 – 6	Lifeguard Certification Class, 8 a.m., 50-meter pool, \$50 per person, 858-577-4137
Tues., Apr. 3	New Parent Support Play Morning, 9:30 – 11 a.m., Officers' Park, 858-577-9812
	Deployment Support Group for Preschoolers, 2 – 2:45 p.m., 858-437-7841
	Deployment Support Group for Grades 3 – 5, 3:15 – 4 p.m., 858-437-7841
Apr. 4 & 5	Spouse's Leadership Skills Workshop, 6:30 – 8:30 p.m., 858-577-4810
Wed., Apr. 4	Fair Fighting for Couples Class, 1 – 4 p.m. Counseling Center, 858-577-6585
Thurs., Apr. 5	Supplements, Performances & Weight Loss Awareness, 11:30 a.m. Main Gym
	Anger Management I, 1 – 3 p.m., Counseling Center, 858-577-6585
	*Month of the Military Child, Safari Adventure, 1:30 p.m., Theater, 858-577-6365

\*More information on this special event is available below.

## WE'RE HERE TO SERVE YOU

### Stateside Cafe Opens at The Hub at Miramar

Looking for a cup of Joe? The Stateside Café opens Monday, March 26 at The Hub at Miramar (Bldg. 5305), in the middle of the barracks. They will offer juices, pastries and an assortment of Grab & Go items such as sandwiches and salads. The Stateside Café is open 7 a.m. – 7 p.m. Monday – Thursday, 7 a.m. – 3 p.m. Friday and closed Saturday and Sunday.

### Welcome Home & Military Appreciation for Miramar Active Duty

On Friday, March 30 from 12 – 4 p.m. in Hangar 4, MCCS is excited to bring you a Welcome Home & Military Appreciation event for Miramar active duty. The event will feature free food, celebrity visits, UFC Fighters and Ring Girls, live music, prize giveaways and much more! This is an event not to be missed.

### Month of the Military Child: Safari Adventure

On Thursday, April 5 at 1:30 p.m., stop by the Bob Hope Theater and experience an exciting Safari Adventure show with five exotic animals. You never know what you're going to see! The safari adventure will be followed by a children's matinee movie at 2 p.m. The safari adventure and movie are both FREE. Call 858-577-6365 for more information.

### Racquetball and Tennis Challenge Ladder

Looking for a little fun competition? If so, sign up for the Racquetball and/or Tennis Challenge Ladder. The ladders are open to Miramar Active Duty, Dependents and DoD Civilians. Stop by the Miramar Sports Complex for a complete listing of the rules and/or to sign up. Call 858-577-1202 for more information.

### Volunteer for Navy's Youth Drug Education Program

The Navy's Drug Education for Youth program, or DEFY, is looking for active duty personnel and Department of Defense civilians as volunteers to serve as team leaders, camp corpsmen, camp nurses and administrative assistants for the 2007 DEFY Phase I program. For more information, contact Petty Officer 3rd Class Mirna Morales at [mirna.morales@med.navy.mil](mailto:mirna.morales@med.navy.mil) or go to <http://www.hq.navy.mil/defy/>.

### Prepare your future, attend job fair

The Fleet and Family Support Center is sponsoring a job fair at Mission Valley March 28 from 10

a.m. to 2 p.m. The job fair will be at the Scottish Rite Center at 1895 Camino Del Rio South, San Diego, Va. 92108 and is open to all active duty military, reservists, retirees and their spouses. For more information, visit [www.cnrsn.navy.mil/jsc/](http://www.cnrsn.navy.mil/jsc/) or call Naval Base San Diego at 619-556-9866, Naval Base Coronado 619-545-6071 or Naval Base Point Loma at 619-553-8306.

### 2008 Voting Slogan Contest

Service members, family members and Department of Defense employees are eligible to participate in the 2008 voting slogan contest sponsored by the Federal Voting Assistance Program. Create a simple slogan that expresses the importance of voting

or may inspire others to vote and submit it to [slogan@fvap.ncr.gov](mailto:slogan@fvap.ncr.gov), subject line "voting slogan contest." There is no limit to the number of entries an individual may submit, but all slogans must be submitted separately. Include your full name, service, mailing address, daytime telephone number, fax number and e-mail address. The deadline for submission is April 9, 2007.

### Red Cross supporting emergency preparedness

March is the Red Cross month, the perfect time to prepare your home and workplace for an emergency. Throughout the month, the Red Cross store at 3950 Calle Fortunada, San Diego, will have 10 percent dis-

counts on first-aid kits, disaster packs and other readiness supplies. To learn more about the San Diego County and Imperial County Chapters, please call 858-309-1200 or visit [www.sdarc.org](http://www.sdarc.org).

### Water Survival Course reopened

The Water Survival Course has opened its doors for training once again. Classes must be arranged through individual unit training sections. The class is scheduled for Mondays and has a limit of 10 participants. Located next to the Bob Hope Theater, the heated pool is also open Monday through Thursday from 11 a.m. to 1 p.m. for lap swimming. For scheduled training, the pool will operate on a first come, first serve basis.

## MCX NEWS

**FREE** Marine Corps Community Services presents  
**WELCOME HOME EVENT**  
 Friday, March 30 • 12 noon to 4 pm  
 On the Flight Line at Hangar 4  
 At MCAS Miramar  
**MIRAMAR ACTIVE DUTY ONLY**  
 FREE Food, Celebrities, Live Band, Comedians, Casino Games, Impersonators, and Prizes  
 For more information, call (858) 577-6365  
[www.mccsmiramar.com](http://www.mccsmiramar.com)

No Federal Endorsement Implied.

## Bob Hope Theater

Fri. March 23	<b>Letters from Iwo Jima (R)</b> 6:30 p.m. * <b>The Messengers (PG-13)</b> 9:15 p.m.
Sat. March 24	<b>Norbit (PG-13)</b> 6:30 p.m. * <b>The Queen (PG-13)</b> 9:00 p.m.
Sun. March 25	<b>Because I Said So (PG-13)</b> 1:00 p.m. * <b>Smokin' Aces (R)</b> 6:30 p.m.
Wed. March 28	<b>Breach (PG-13)</b> 6:30 p.m.
Thurs. March 29	<b>Bridge to Terabithia (PG)</b> 2:00 p.m. <b>Letters from Iwo Jima (R)</b> 6:30 p.m.

\*Indicates Last Showing

## ANNOUNCEMENTS